

FREDERICK COUNTY COMMISSION ON AGING MINUTES
Monday, September 11, 2017, 1:00 PM
FMH Crestwood, 2nd Floor
7211 Bank Court, Frederick, MD

COA MEMBERS	DOA STAFF	EXCUSED	UNEXCUSED	GUESTS
Cindy Kokoski	Kitty Devilbiss	Elizabeth Chung		Raquel Amaro
Tom Lawler	Monica Grant	Marcy Gouge		Mary Beachley
Dianne Lewis	Sue Ramsburg	M.C. Keegan-Ayer		Shannon Becker
Ann McDermott		Randy McClement, Mayor		Esstay Boggs
Thea Uhlig-Ruff		Carolyn True		Kelsey Emery
Sandra Wastler				Anna Hail
				Judy Kendro
				Gail Lawrence
				Annie Lewis
				Geoff Littrell
				Veronica Lowe
				Kelley McGuirk
				Peter Real
				Lori Stup
				Colleen Wolfle

- I. **Call to Order** – Dianne Lewis called the meeting to order at 1:00 pm.
- II. **Welcome & Introductions** – Dianne welcomed all attendees. She gave a brief description of the Commission and its goals.

Commission members around the table introduced themselves. Members of the audience were invited to introduce themselves.

- III. **Action on the Agenda** – No action on the agenda.
- IV. **Approval of Minutes** – The minutes of the August 14th meeting were approved as written. Dianne made a motion to approve the minutes. All were in favor.
- V. **AARP, Gail Lawrence, President** – Dianne introduced Gail Lawrence and read a brief biography with some personal and work background. Gail stated that she is the President of the local AARP and also the Program Chairperson. Gail gave some history of the AARP. It began as an exploration process by a retired principal pursuing healthcare coverage in 1947. The program began as the National Association of Retired Teachers and has evolved to include retired persons of all occupations. The program headquarters is located in Washington DC because their main function is to advocate for the needs of senior citizens. Representatives talk to many politicians without supporting specific politicians. They support most senior policies. AARP offers insurance, discounts, and cellular services. The group supports working people as well as retired people. The group holds career fairs, has volunteer opportunities, and offer cybersecurity with scam alerts. They offer a 50 hour training opportunity through a program, Experience Corps, which enables seniors to go into schools and assist at-risk children with learning disabilities. These volunteers are required to go through a background check. There is a state chapter located in Baltimore which supports the local chapters and provides advocacy in Annapolis.

The local chapter, #636, was created in 1972 and the archives are located at the C. Burr Artz Library in the State of Maryland Room. The chapter holds a monthly luncheon and has a newsletter that goes out to senior organizations every two months. They also have trips and the money raised from the trips goes to nine different charities. The charities are selected each year. The group collects money and food for the food banks and gives Christmas gifts to the residents of Montevue Assisted Living and Citizens Care and Rehab Center. The group also sponsors the bingo activity at the Montevue facility. There is a Facebook page for the local Chapter. They are having an open shredding event on September 21st from 10:30-1:30 at Dutch's Daughter restaurant. The monthly luncheon will begin at 12:00 the same day. This is the largest chapter in Maryland and has begun to reach out to the Spanish community and lower income seniors. Gail states word of mouth is the best way for them to reach new members. People come to a meeting or attend an event and

then bring their friends and neighbors next time. Seniors can attend two meetings before they are required to join as a member. Gail suggested that the best way to get information to the seniors is to go where they are. Some seniors cannot afford to get to places to access the help they may need and qualify for.

Department of Aging Update, Kitty Devilbiss – Kitty reported on some of the events that are happening at the Department of Aging. She stated there are handouts on the table with information regarding some of these events.

There is work being done on a Virtual Senior Center option. Staff is working with some students from Hood College to take senior center opportunities into the homes of seniors using an iPad on a weekly basis. The first program to utilize this system is the Stepping On class which is a fall prevention class. The students will access the class via the iPad which has a camera and it will be a live session. Students are currently doing a pre-assessment to include falling assessment and psych/social assessments. The biggest challenge is to convince clients to participate in the program. This program is available because of grant funding in the amount of \$15,000. There is no similar program in the state. The program would also work for caregivers who are unable to get out or time away from their family member. The goal is to reduce isolation for homebound seniors. The Towson nursing students are doing assessments with clients in the home-delivered meal program.

There will be a Volunteer Fair on September 22nd. This Fair is for agencies to set up a table so citizens can explore the various volunteer opportunities which are offered in the community. This will be held at the Frederick Senior Center and will include speaker, Peter Lane, the Volunteer Director for the National Association of the Area Agencies on Aging. Registration for the event can be done on-line.

Kitty stated that interviews have been done for the two driver/aide positions currently open at the Department. Tentative offers have been made to two part time and one substitute candidates. We have had some temporary assistance from a driver who works at the Scott

Key Center. This has been helpful getting seniors to the Frederick Center for the meal program.

The financial subsidy application has been making progress through the approval process. It will be advertised as soon as all signatures are in place.

Kitty commented on the Save the Dates flyer that is available at today's meeting. These events are located at each specific senior center and give the participants at each center an opportunity to visit with participants at different locations. There are many different activities going on at all of the centers.

There was recently an AARP Driver Safety Class held at the Frederick Senior Center which was well attended. There will be a Car Fit opportunity held at the Center on September 29th. This is a chance for participants to bring their vehicle in and have a technician measure their car as they sit in it to ensure maximum protection and safety. There are slots still open.

The budget process has started for FY2018. There will be an opportunity to add requests as the process moves along. The initial budget is based on the current year's numbers.

The next Groceries for Seniors event will be held on October 5th. Anyone can come and receive groceries that date. There is no pre-registration required. It is a drive-through program and requires only photo identification. The event provides a lot of fresh produce to local seniors. Thea stated that she tried to place the grocery event flyer at local grocery stores and found most of them reluctant to post the information.

VI. Committee Reports

Business Task Force – Tom Lawler – Tom stated that this task force continues to work on the caregiving video. The first cut was a little too long and has been cut down to 15 minutes. There is still some work needed to be done on it and the feeling that it may still be too long. The purpose of the video is to educate employers on the burden some employees may be experiencing due to caregiving obligations. Five to seven minutes may be better for that function. The group wants to create a trailer which would refer to a site where the entire video would be available. The goal is to have a video available for the Elder Expo on October 4th. There is still work being done on the jobs for seniors initiative. Work continues on the Retire, Rewire, Reinvent course which will be held in the Spring Semester of FCC's ILR classes. The outline for that program is in planning. The course is meant to supplement programs currently in place in the

community. The instructor for that program will be Meg Timmons, President of the Frederick County Society for Human Resources.

Aging in Place – Thea Uhlig-Ruff – Aging in Place – Thea Ruff –

Thea stated that this group's focus has been on multigenerational communities to help seniors learn how to age in place. The seniors they met with in the Walkersville community were older than the targeted population and seemed to be aging in place successfully. The group has moved onto the Brunswick community and will be meeting at the Brunswick Senior Center later this week. They also plan to do an evening presentation at the Brunswick Library on September 27th at 6:30pm. They have circulated flyers in the community. They will be meeting the seniors in the community first and will have the results of those meetings when they meet with the leaders of the Brunswick community. There will be an Aging in Place learning opportunity available through the ILR program at Frederick Community College this fall. Gail Lawrence stated that she would like this group to come and talk with the AARP group.

Public Policy– Ann McDermott – Ann stated that programs funded at the federal level are under continuing resolution and no big changes are planned. Present funding will continue for now through the rest of the year. She and Carolyn have had some conversations about working with Monica on some ideas regarding the lack of funding for long term care monitoring and other items related to the Seniors First report.

Monica spoke briefly about some items related to the Seniors First Report. Some meetings have gotten pushed back a couple of weeks but everything is progressing forward. Items have been forwarded to the County Executive regarding the ordinance and the relationship between the Department and the Commission and this matter is currently in the Legal Department now.

The senior center evaluation group will be using the SWOT (strengths/weakness/opportunities/threats) to evaluate the overall process in the centers. Each individual center will need to be reviewed because they are very individualized based on their community needs/wants. This group consisted of senior center staff and members of the community.

There is a group that continues to look at the MoW program and its processes. There may be a need to change the current model before the program can grow.

The group working on the co-location of services has some short term and long term goals. Physical co-location will be difficult

because limited room for 45 staff members at one location. The focus may be more on a digital co-location and sharing of information instead of physical co-location. The current (state mandated) data system at the Department of Aging is considerably antiquated and does not exchange information with other systems.

Approval of Subcommittee Reports – Dianne made a motion for the written subcommittee reports be approved. All were in favor. None opposed.

Public Comment – Judy Kendro spoke today and thanked the Commission for the opportunity to attend the meetings. Since the last meeting, she got information about a group called Promatura (a market research group) and a possibility for them to build a senior apartment complex in Urbana. There would be a very large down payment required and then a monthly payment to remain. These would be high-end dwellings. She also talked with Jim Gugel to see if he was aware of any senior housing coming into the area. He has no information at this time. She did find out information about some senior apartments planned for the Village of Urbana. Monica is aware of a senior apartment complex that was to be built on Motter Avenue at the former Sharpe's Florist property. There was a delay due to funding, but it has a new buyer and may be moving forward. This would be approximately 90 apartments. She also stated that there will be a forum for developers sponsored by the Community Foundation. The topic for the forum will be affordable housing. This will be held in October at the Arc of Frederick County. Monica will get the information to Judy.

VII. Announcements –

Dianne thanked Mary Beachley for attending the meeting today and bringing the nursing students today.

Dianne stated that she received an email from Leslie Schultz who has decided to resign from the Commission. She is very busy with her new job obligations and the work she continues to do with the SOAR (Supporting Older Adults in Retirement) non-profit.

The Commission will need to elect a chairperson in January. Let Dianne know if you are interested in the position.

Sandi stated that she, Thea, and Marcy will be manning the Commission table at the Elder Expo on October 4th. Commission members are invited to bring handouts from their subcommittees. The Caregiver Conference will be held on October 3rd also at the

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Frederick Fairgrounds. There may be limited seating at the Conference.

There is a new walking/exercise group that will be meeting on Saturday mornings at 9:00am at the Hillcrest Pharmacy. Flyers are available on the information table.

VIII. Adjournment -

Dianne thanked everyone for attending today's meeting. The meeting adjourned at 2:53 pm.

Respectfully submitted,

Susan M. Ramsburg
Recording Secretary